The pride of North Carolina's electric cooperatives

Volume 48, No. 11, November 2016

Carolina country

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Carolina Country Gift Guide

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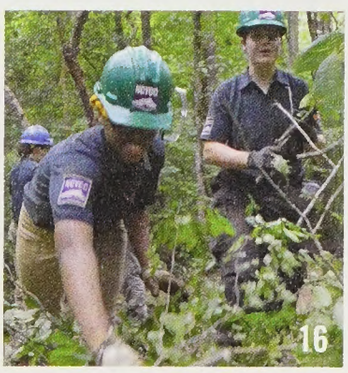

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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $5 per year.

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Supporting Our Educators

By Don Hughes

We all know school budgets are tight, and each year teachers look for ways to make their resources go further. Bright Ideas grants from North Carolina's electric cooperatives allow educators to purchase the tools and materials necessary to teach concepts and complete projects that may otherwise not be funded. What an incredible opportunity for educators! This allows them to think more creatively and dream a little bit bigger than they may have thought they could.

We're all proud to support our educators whose hard work and enthusiasm impact the lives of so many young people across North Carolina. These teachers are dedicated to their students, and through these grants we're honored to give something back to them. From the very first mini-grants awarded by Brunswick EMC back in 1993, the Bright Ideas grants program has made a real difference in classrooms. Now every electric co-op in North Carolina supports their teachers through this program.

Together, we have awarded more than $10.2 million in grant money, sponsoring more than 9,800 projects, reaching more than 2 million students in grades K–12. That is quite an impact.

A local teacher recently thanked BEMC for a Bright Ideas grant that helped her purchase a set of graphing calculators for her high school math classes. As the workplace demands increasing proficiency in all areas of knowledge, we know our educators count on us. There's a true need to help all students understand what they are learning through real world examples, how the various disciplines relate to and impact each other, and how they can learn to solve problems.

Every electric co-op can name a long list of the kind of creative projects it helps fund through their Bright Ideas program. Here in Columbus County, one grant helped a science teacher bring an apiary—a collection of beehives—and bee education to her high school classroom. The decline in pollinators was having an adverse impact on her agricultural community, and she wanted her students to understand how and why. That sparked the entire school getting involved, and it grew to become a much broader project. The engineering class designed hives; in biology they discussed hive behavior and hierarchy; earth science used it to talk about air and water quality and pesticide use; and math classes used it to study geometric shapes. It is almost guaranteed that these students will remember those lessons long into the future.

more than
$10.2
MILLION
in grant money

more than
9.8
THOUSAND
sponsored projects

more than
2
MILLION
students reached

One of the principles North Carolina's electric co-ops operate under as cooperative businesses is "Commitment to Community." We are grateful to have the opportunity to support our schools and the communities we serve. Bright Ideas grants are an important part of that commitment. And most importantly, we are grateful for the exceptional educators who want to teach in ways that will truly make a difference for their students—our next generation of leaders.

Don Hughes is CEO and general manager at Brunswick Electric in Shallotte.

Where is Joyner?

I just received the October Carolina Country magazine. While I read all the articles, the very first thing I do is go to Joyner's Corner to see and work the latest puzzles. That then motivates me to read the articles. If the puzzles are not going to be a feature going forward, it will seriously curtail my reading of the magazine. Please tell me this is a temporary omission?

Roger St. Clair, Stallings, a member of Union Power

We got your newest edition of Carolina Country and we enjoy it! I always try to do "Joyner's Corner," and as I was flipping through, trying to find it, I could not! I was wondering if you could tell me why it was not in there this issue. I looked at the September issue, and it didn't say anything about Joyner's Corner stopping. Please reply to me! I love this magazine and would like to know where my favorite part is!

Madison Gaines (age 13), Bear Creek

Editor's Note: Thank you, Roger and Madison, for the feedback! We didn't include Joyner's Corner in October or in this issue due to space — he'll be back in December. But if you're a fan of Joyner's, or any other parts of our magazine, please let us know! An online reader survey is available now through December 15. See page 6 of this issue for more details.

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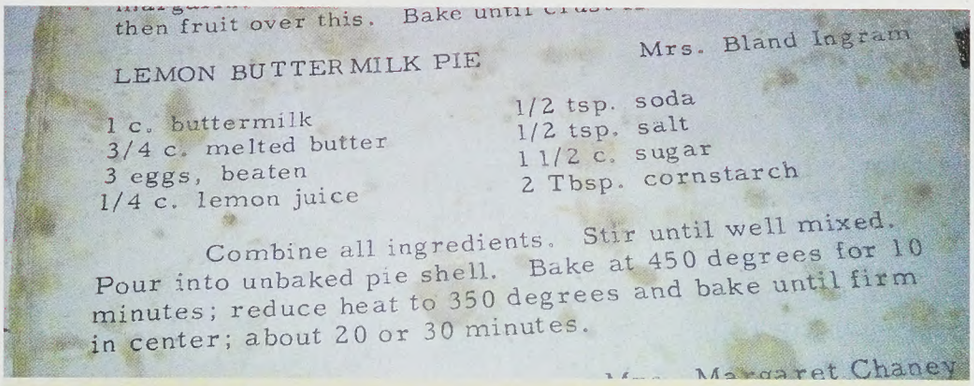

then fruit over this. Bake until

LEMON BUTTERMILK PIE — Mrs. Bland Ingram

1 c. buttermilk
3/4 c. melted butter
3 eggs, beaten
1/4 c. lemon juice
1/2 tsp. soda
1/2 tsp. salt
1 1/2 c. sugar
2 Tbsp. cornstarch

Combine all ingredients. Stir until well mixed. Pour into unbaked pie shell. Bake at 450 degrees for 10 minutes; reduce heat to 350 degrees and bake until firm in center; about 20 or 30 minutes.

Mrs. Margaret Chaney

Sought-After Recipe

I had a great call from a Carolina Country reader in Durham who wanted to know if there was any way I could locate the pie recipe that Gale Boulware wrote about in her "I Remember" piece in the October magazine ("Suppertime at Mama's," October 2016, page 29).

Well, as it just so happened, I met Gale the following week while doing a business expo in Pamlico County. I had just received the October magazines that morning and decided to take them along to put on my trade show table. Mr. Boulware made a beeline to my table and saw the magazine and said, "My wife should have something in there that she wrote." Sure enough, it was there on page 29, so I got a picture of her holding the magazine.

So I later called Gale, and she was great enough to email me the pie recipe.

Makes me totally fall in love with my job and co-ops all over again! Twenty-four years down and hopefully 24 more to go!

Heidi Smith, manager of economic development, marketing & corporate communications, Tideland Electric Membership Corporation

Tried-and-True Dishwasher

I have my own energy-saving practice for doing dishes. It's just my husband and myself, so dishes are not a big problem. I keep large plastic bowls in each dish sink. The sink on my right, I fill that bowl with warm water and put used dishes to soak in there, which makes them easier to get clean. On the left, with that bowl I fill it with clean water and put it in the microwave for five minutes. Then pull it out and wash my dishes. That way the only time I keep the hot water tank on is when we take a shower.

I have been doing this for many years and it just works fine for me. Dishwashers are very expensive to use and hard on the hot water tank.

Just wanted to share.

Nancy Kitchin, Reedy Creek, a member of EnergyUnited

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Tell us what you think!

What do YOU like about Carolina Country magazine?

Our online reader survey is available now through December 15. We love bringing Carolina Country to you every month, and your feedback will help us plan future issues.

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carolinacountry.com/survey

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— Jeff from McKinney, TX

It's Enough to Make You Blue in the Face

Time to take a stand against overpriced watches with the Stauer Urban Blue. AND, get a FREE pair of Flyboy Optics® Sunglasses as our gift to you!

You need a new watch...the one you are wearing was made when Nixon was in office, but extravagantly-priced watches that add zeros just because of a high falootin' name are an insult to your logic. Why shell out big money so some foreign company can sponsor another yacht race? It's time to put an end to such madness. It's absolutely possible to have the highest quality, precision classic timepiece without the high and mighty price tag. Case in point: The Stauer *Urban Blue.*

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"Blue watches are one of the growing style trends seen in the watch world in the past few years"—WATCHTIME®, Sept. 2015

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Your satisfaction is 100% guaranteed. Wear the *Urban Blue for* 60 days. If you're not convinced that you achieved excellence for less, send it back for a refund of the sale price. You can even keep the $99 sunglasses, no hard feelings.

The *Urban Blue* is one of our fastest sellers. It takes six months to engineer this watch so don't wait. Take a stand against overpriced watches in impeccable style. Call today!

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(Clockwise from top) Simmons (Pee Dee Electric), Person (Tri-County EMC) and Griffin (Union Power) took first, second and third places in the competition.

Simmons races to the finish.

Linemen Bring Their Best to Statewide Competition

Lineworkers from across the state gathered in Raleigh in September for the 15th biennial Pole Top Rescue Competition. Competitors at the statewide event represented those with the best time with fewest errors from local competition at their electric co-ops.

"You have the cream of the crop here representing co-ops across the state, and I think they've done an admirable job," said Randolph EMC CEO Dale Lambert, who served as master of ceremonies at the event.

Rain held off during the morning, making for great conditions throughout the competition. Kenny Simmons of Pee Dee Electric scored the fastest time for the day at 1:39.31. He received the $1,000 prize for first place. Leonard Person of Tri-County EMC received the second-place prize of $500 with a time of 1:43.37. Chris Griffin of Union Power received the third-place prize of $400 with a time of 1:50.81. Griffin maintains the overall record with his 2014 competition time of 1:33.47.

The competition reflects a scenario in which a coworker is in need of rescue from atop a power pole. A lineman (the competitor) recognizes a victim (a 105-pound dummy nicknamed "Kool") in trouble on a power pole and calls for assistance. Wearing full climbing gear and tools weighing up to 20 pounds, the lineman scales the pole to 20 feet, lowers Kool, and begins lifesaving procedures. All steps require specific activities, which are strictly enforced by judges.

The North Carolina Association of Electric Cooperatives sponsored the competition, which was overseen by NCAEC's Job, Training & Safety division. Other sponsors of the 2016 event were Altec Industries, Inc.; National Transformer Sales, Inc.; Utility Service Agency, Inc.; and Wake Electric.

"This competition focuses on the most important job a lineman can do: Working safely," Lambert said. "It also gives the public some sense of what it takes to work safely while keeping the lights on."

See the competition in action!
Video at carolinacountry.com

Through the Eyes of a Kenan Fellow

The Kenan Fellows Program for Teacher Leadership offers a wide variety of immersive summer work experiences for educators. Last summer, Justin Jones, who teaches at Ansonville Elementary, spent four weeks as a Kenan Fellow with Pee Dee Electric in Wadesboro. (See "Kenan Fellow Learns from Pee Dee Electric" in our September issue.)

A short video on Jones' experience is now available online at carolinacountry.com.

Holleman with his students on campus.

Bright Ideas Spotlight: Going Solar

The Bright Ideas grant program, administered by North Carolina's electric cooperatives, has awarded $10.2 million in support of innovative, classroom-based projects since 1994. Each year, close to 600 grants are funded across the state—this is one example from the 2016 round of funding.

School:
North Wilkes Middle School, Wilkes County

Project name: "Going Solar"

Participating students: 100

Teacher: Michael Holleman

Sponsoring co-op:
Surry-Yadkin EMC

Project in a nutshell: Students are analyzing the effectiveness of an on-campus Skystream 3.7 wind turbine and a 2-kW solar photovoltaic installation.

From the teacher: "I put an emphasis on my students about alternative energy resources. We use energy output data to determine which is most feasible for our area. "We utilize the tools provided by the Bright Ideas grant to help us complete this assessment. We use a pyranometer to measure the power of electromagnetic radiation in watts per square meter. We use a solar pathfinder to determine what hours of the day, month, and year, a site will be shaded. We then use companion software to provide a professional looking solar site analysis report."

The Sneaky Cousins of 'Energy Vampires'

Editor's Note: We recently received a call from Grady Dowless from Bladenboro, a member of Four County EMC, who had a good question: If an unused cell phone charger, left plugged in, draws power, where does the power go?

There are many articles out there about "energy vampires" or "phantom loads" that use power on standby mode and can add to your electric bill over time. In an average home, 5 percent to 8 percent of electricity consumption can stem from these phantom loads, according to Lawrence Berkeley National Laboratory.

Cell phone chargers left plugged in, even when no device is attached to them, contribute to this, although in a different way. They draw what is called "no-load power"—as opposed to "standby power." Energy consumed by appliances in standby mode is used to maintain a function of some kind, whether it's a digital clock or ensuring a cable box will respond to your remote control. No-load power, on the other hand, is energy consumed that does nothing of use.

But where doe the electricity go? Cell phone chargers are AC to DC converters, taking the AC supply from a power outlet and giving it a constant DC output voltage to charge a device. What makes this possible is a very small transformer that will always have a small amount of current flowing through it if left plugged in (which results in it using an average 0.26 watts of power, according to the U.S. Department of Energy).

Some systems have been put in place to reduce the amount of power wasted by unused chargers. Energy Star has a set of voluntary standards that require the no-load consumption of a typical 4.25 watt charger to be less than 0.3 watts. In 2008, the world's five largest mobile phone makers at the time—LG Electronics, Motorola, Nokia, Samsung and Sony-Ericsson—created their own energy efficient rating system for chargers. The scale ranges from zero stars (chargers with more than 0.5 watts in no-load consumption) on up to five stars for those using 0.03 watts or less.

Aside from unplugging chargers while not in use, these phantom loads can be avoided by plugging them in a "smart" power strip that automatically cuts power if devices are not in use. Although the power they draw can be small, like a constantly leaky faucet, it can really add up over time.

CO-OPS VOTE
A PROGRAM OF AMERICA'S ELECTRIC COOPERATIVES

Make Your Voice Heard on Election Day!

During the 2012 Presidential election cycle, there was an 18 percent drop in voter turnout in rural areas — more than twice the drop in urban and suburban ports of the country. Electric co-ops across the country are dedicated to turning that around this Election Day and making our voices heard at the polls.

When to Vote

One-Stop Early Voting begins on October 20 and runs through 1 p.m. on November 5. Election Day is Tuesday, November 8. The polls are open across the state from 6:30 a.m. to 7:30 p.m.

Get the information you need to vote from the North Carolina State Board of Elections. Visit **ncsbe.gov/Voter-Tools** to find:

- ★ Early voting schedules and locations
- ★ Your Election Day polling place
- ★ Accessibility and provisional voting information

CO-OPS VOTE
A PROGRAM OF AMERICA'S ELECTRIC COOPERATIVES

Electric Co-op Volunteers Energize Bolivian Village

More than 300 families in Northern Bolivia have spent the past months discovering life-changing ways electricity can be used in their homes, thanks to the efforts of 15 electric cooperative volunteers. Through the NRECA International Foundation, a team of volunteer linemen and engineers from Oklahoma's and Missouri's electric cooperatives joined forces to electrify two villages in northern Bolivia, working from August 1–14.

Roanoke Electric Cooperative CEO Curtis Wynn traveled to Bolivia to witness the lighting ceremony through his role as NRECA board secretary-treasurer.

"It is an eye-opening event to see people who live without electricity get it for the first time," Wynn said.

The project team worked in two communities, Dos de Junio and El Torito, located in a region where the economy is driven by Amazonian almonds, Brazil nuts, tropical timber, rubber and exotic fruits. Project team members built and upgraded approximately 10 miles of line, bringing power to 360 families. The volunteers also wired a number of houses.

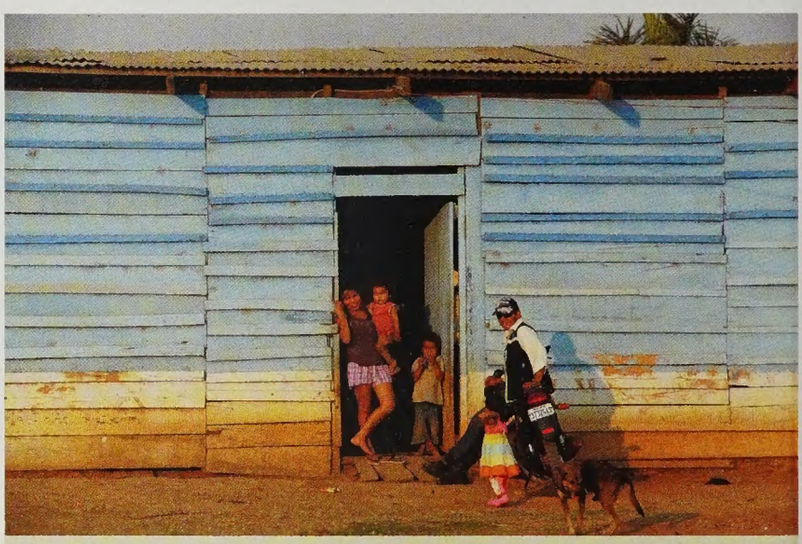
"I had the opportunity to meet some of the linemen who personally poured themselves into the project, and I had the opportunity to really see the culture, including signs of poverty and struggles of the people," Wynn said. "More importantly, I had the opportunity to see what the provision of electricity can and will do for those citizens."

> It is an eye-opening event to see people who live without electricity get it for the first time.

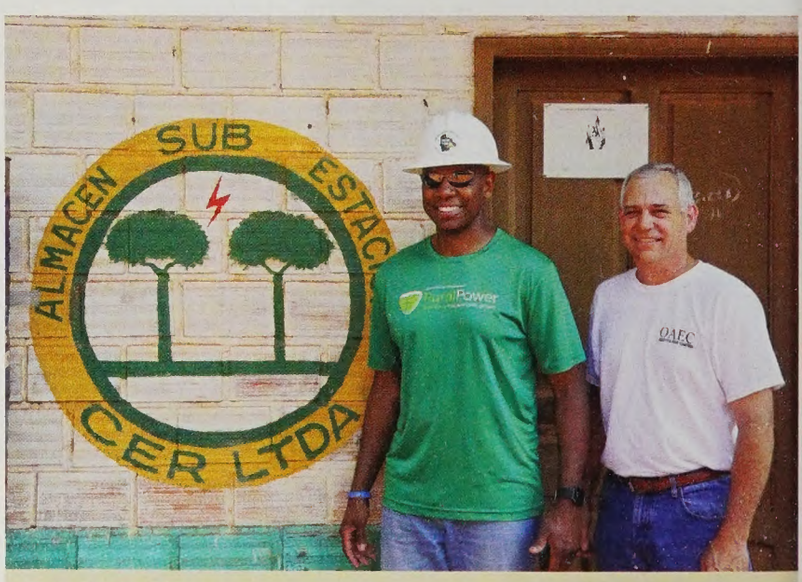
The new infrastructure will be maintained by the local electric cooperative, Cooperativa Eléctrica Riberalta (CER), which also serves the nearby city of Riberalta. CER is one of the few electric service cooperatives to survive the Bolivian electric market restructuring in the 1990s, and now serves 18,000 member-owners with 85 percent of the residential owners living in an urbanized area and 45 percent in suburbs. Ongoing technical assistance, education and support provided to CER by NRECA International is allowing the cooperative to improve and expand its electric grid to ensure the area's sustainability and economic vitality.

"What's going on down there is no different than what electric cooperatives did and what we will continue to be as our communities' economic development engines," Wynn said. "This is a reminder to me of the economic development opportunities we have here—what can we do next to help further communities? It's a reminder of what our role is as cooperatives."

Wynn (L) and Oklahoma Association of Electric Cooperatives general manager/CEO Chris Meyers stop to talk to a resident of the newly energized town.



A home in one of the villages that received power for the first time, thanks to electric co-op volunteers.



Wynn (L) and Meyers

★★★★★

"I'm a bit sad that my fiance and I didn't know about Stauer before we got engaged. This ring is so much more clear and sparkly than my real diamond!"
— P.T. FROM BALTIMORE, MD

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Experts warn that millions of rings may be "romantically defective" when compared to the spectacular 4-Carat DiamondAura® Avalon

She loves natural diamonds. She loves you even more. But when even the skimpiest solitaires sell for as much as $1,200, it's time to reconsider your relationship...with diamonds. Have you recently overpaid only to be underwhelmed? Send it back. You can do bolder. You can do brighter. You can own the Stauer 4-carat Diamond*Aura*® ***Avalon Ring*** for under $80.

When "cute" is a four-letter word. If you want to make a romantic impression, go big. Cute doesn't cut it. Your love deserves to be wowed. If you're a billionaire with money to burn, turn the page. Everyone else? What you read next just might change your love life. There's only one way to find out...

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Roadmap to the Butterfly Highway

A network of pollinator pit stops is taking root across the state

By Leah Chester-Davis | Photos by North Carolina Wildlife Federation

A new highway is quickly moving across the state and there just may be a welcomed pit stop near you. The Butterfly Highway is designed to help not just butterflies but bees and other pollinators. The North Carolina Wildlife Federation (NCWF) began this highway program in response to the alarming decline of Monarch butterflies. The beauty of this effort—in addition to its work to restore habitat for species that are critical to our survival—is that everyone can get involved.

"It takes urban, rural and suburban sites," says NCWF CEO Tim Gestwicki. "Pollinators are everywhere. It is a cumulative effort."

The Butterfly Highway took flight when doctoral student Angel Hjarding came up with the idea while exploring research for her dissertation at the University of North Carolina at Charlotte. She launched the project in several neighborhoods in Charlotte. Earlier this year, the program received a major lift when NCWF adopted it and hired Hjarding to oversee it statewide. What most excites her about the project is "building a community of people that are part of the Butterfly Highway across all income and racial groups."

"It's an exciting and positive way to bring attention to the plight of our valued pollinators and their critical role in the web of life," Hjarding adds.

This conservation initiative restores native pollinator habitats to areas affected by agriculture, urbanization and land use change. It has quickly become a flagship program of the wildlife federation, explains Gestwicki.

"Anyone can participate," he says. "From apartment balconies to multi-acre farms, no space is too small or too large to provide habitat for pollinators." Pollinator habitats range from backyard "pollinator pit stops" to large-scale roadside habitat restoration.

In the few short months of the Butterfly Highway's existence, more than 1,000 pollinator sites have been added in the state, from the mountains to the coast. Individual homeowners, public utilities, state and local transportation agencies, park and recreation departments, and schools are among the many partners involved.

"Pollinators are important to a holistic ecosystem," Gestwicki explains. "They bind the economy and environmental conversation in our state. Without them, we are in a bind."

Become Part of the Highway

Now is a great time to seed for a pollinator garden that can become a part of the Butterfly Highway. The North Carolina Wildlife Federation shares tips on how you can help build this important pollinator support system:

- Add a mix of perennial and annual plants to your property. The best spot is one that gets at least six hours of sun every day. Clear away all grass and weeds before planting. When plants are mature and attracting pollinators, consider adding a water source, even if it's a small pan of water with a rock or two for pollinators to rest upon.
- September to December is the best

"Pollinators are important to a holistic ecosystem. Without them, we are in a bind."

time to plant seeds of many favorite pollinator plants. Seed works well, particularly for larger scale projects. When planting established plugs, plant them in spring and summer. Seed packets are available from butterflyhighway.org for $5 per packet. One packet will cover an area up to 25 square feet. Among the plants in the seed mix: common yarrow, common milkweed, butterfly milkweed, smooth blue aster, greater tickseed, goldenmane tickseed, whorled tickseed, purple coneflower, Joe Pye weed, oxeye sunflower, blazing star/spiked gay feather, wild bergamot, black-eyed-Susan, roughleaf goldenrod, Ohio spiderwort and New York ironweed, which are all perennials. Indian blanket, partridge pea and crimson clover are annuals in the mix. The Butterfly Highway website lists other native pollinator plants to consider.

- Register your pollinator habitat at butterflyhighway.org so others can see the network throughout the state of pit stops that support our pollinators. Registration is free!
- If you would like an official sign to designate your garden as part of The Butterfly Highway, they are available for $25 at the same website as the seed packets.
- Implement sustainable gardening practices. Use native plants and avoid insecticides.

Learn more about other North Carolina Wildlife Federation conservation programs at ncwf.org.

Leah Chester-Davis has her own business, Chester-Davis Communications (chester-davis.com), specializing in food, farm, gardening and lifestyle brands and organizations.

Left: *Monarch butterfly on purple coneflower*

Right: *Hjarding, director of pollinator and wildlife habitat programs, and William Hughes, a neighborhood leader for the Butterfly Highway and president of the Community Alliance for Wildlife, a chapter of the North Carolina Wildlife Federation based in Charlotte*

Below: *A small garden is a pollinator pit stop on the Butterfly Highway.*

Bees on sunflower

Native plants along roadsides and meadows add beauty and important habitats for pollinators.

Children learn about butterflies and other pollinators at community events.

A farmer participating in FCMD's farm huntin program in Columbus County

Hunting for Those in Need

An innovative program keeps deer populations in check while feeding the needy

By Karen Olson House

This hunting season, some deer hunters are targeting hunger through an innovative initiative that feeds impoverished people in need.

The Farmers and Communities Manage Deer (FCMD) program encourages licensed hunters to harvest white-tailed deer and donate them to drop-off sites and participating processing facilities. After processing and packaging, the venison is distributed to local relief organizations that welcome the lean, protein-rich meat.

At Food Bank of the Albemarle, a regional food clearing house based in Elizabeth City, Della Hicks comes in weekly to educate clients about venison. A nutritionist with the Pasquotank County Cooperative Extension office, Hicks prepares and shares recipes such as stews and chilies.

"A lot of clients were hesitant since they hadn't had venison before," says Rod Sershen, the bank's food resource manager. "But they said they couldn't tell the difference between it and beef."

Over the past two deer seasons, more than 23,000 pounds of venison burger (roughly 75,000 servings) has been distributed where communities have embraced the program. Originally funded for five eastern counties in 2012, there are currently 11 counties now with donation sites: Beaufort, Bladen, Columbus, Edgecombe, Franklin, Hyde, Jones, Pasquotank, Washington, Wayne and Wilson. The program addresses two big problems: human hunger and costly damage by deer. North Carolina has regularly ranked within the top lists for the highest percentage of its citizens experiencing food shortages in the nation since 2010. In 2015, it ranked 13 in the U.S. for food hardship, according to a Food Research & Action Center study.

Concerns about controlling the deer population include potential spread of disease and dangerous vehicle collisions. Annually, deer cause the vast majority of $30 million in crop loss suffered by N.C. row crop farmers.

Farmers who participate in the program, allowing hunters access to their land, can reduce the potential for crop damage and can profit from hunting programs developed through FCMD. Hunters typically pay a minimum of $75 for a doe hunt, for example. A number of participating landowners, such as Lumber River Outdoors and Rutaa Branch Hunting Club, both based in Cerro Gordo, offer lodging and other outdoor recreation opportunities for added fees. Communities also enjoy an economical boost when visiting hunters purchase gas, eat at local restaurants and buy supplies.

"We can help landowners establish hunting programs and implement community deer donation sites as well. There are a number of options," says program manager Liz Rutledge. Rutledge is a wildlife specialist with the NC Wildlife Federation, which oversees FCMD.

Insured groups willing to assist farmers by conducting free organized fall hunts on their properties include the NC Bowhunters Association (ncbowhunter.com/bcrs.html) and Cross Trail Outfitters, a ministry group with chapters across the state that mentors youth through hunting (teamcto.org).

FCMD relies on community organizations and businesses, including churches, civic groups and hunt clubs, to maintain deer drop-off donation centers and provide financial support for the program. Groups, farmers and other landowners can host community festivals, wild game dinners and deer donation events to raise funds and otherwise assist the program.

Financial support for FCMD comes from the NC Tobacco Trust Fund Commission. FCMD partners with The NC Hunters for the Hungry, Inc.®, a nonprofit organization founded in 1993 (nchuntersforthehungry.org). This integral collaboration leverages several resources, including the provision of numerous NCDA&CS inspected deer processing facilities.

Want to get involved?
Visit ncwf.org and/or contact Liz Rutledge at 828-783-8013 or Liz@ncwf.org.

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Blazing Trails

NCYCC youth learn to be successful on and off the trail

By Scott Gates

A horse trail in the Uwharrie National Forest, southwest of Asheboro, winds over the region's gentle hills through woodlands that have been well-loved for centuries. American Indians traded prized stone from nearby quarries, which has been found as far away as Maine. In the 1800s, gold mining was big business. And last summer, it was abuzz with a group of nine youths dedicated to getting it in top form.

The crew, part of the North Carolina Youth Conservation Corps (NCYCC), spent six weeks maintaining five miles of equestrian trails, trimming brush and moving 32 tons of gravel with shovels and wheelbarrows.

"The forest service wouldn't be able to maintain trails without volunteers," says National Forest Service district recreation staff supervisor Terry Stevens Savery. "There are several volunteer groups in the area that have adopted trails, but the YCC has been very helpful in getting a handle on a backlog of maintenance. Otherwise, it just wouldn't get done."

Since the program was created in 2013, NCYCC crews have been making a lasting impact across the state. The organization came about as a partnership between the Conservation Trust for North Carolina (sponsored in part by North Carolina's Electric Cooperatives) and the Vermont Youth Conservation Corps, patterned after the successful and decades-old Vermont program. Crews are made up of youth (ages 16 to 18) and young adults (ages 18 to 24), who put in hundreds of hours of hard work to improve and expand access to North Carolina's protected natural areas.

The crews are modeled after the Civilian Conservation Corps—a program that employed thousands in the state in the 1930s and contributed to lasting resources like the Blue Ridge Parkway.

"Similar to CCC, there are so many win-wins with this program," says NCYCC project director Jan Pender. "You're transforming people's lives at a critical age, when they're exploring who they are and who they want to be. At the same time, you're providing valuable work at a reduced cost to federal and state agencies and communities across North Carolina."

From June to August last summer, five crews logged a cumulative 28 weeks doing work across North Carolina. Crews work seven-hour days, five days a week for up to seven-week stretches on projects, and the results really add up.

The project list for 2016 alone stretches on for pages. Completed work includes things like installed play areas, bike racks, educational kiosks and signs; painted buildings and gates; the removal of acre upon acre of invasive plant species (one crew removed 36 acres of Autumn olive); the construction or maintenance of miles of trail; and other jobs that just wouldn't get done otherwise. One crew removed half a ton of rusty metal from a historic ruin in Orange County.

For crew members, the benefits go beyond an honest day's work. Some in the program are identified "Opportunity Youth," defined as people between the ages of 16 and 24 who are neither in school nor working, and their involvement in NCYCC is supported through a national program called the Opportunity Youth Service Initiative.

"They're sometimes called disconnected youth—the longer they're out of school or out of a job, the less likely they

"The program is very much about personal responsibility. Everybody has a role, and they have to fulfil that role."

are to start a successful career," Pender says. "Youth service corps are particularly successful at getting young adults back into the workforce."

A pilot project put on by the Corporation for National and Community Service found that, following three-months of work on a project crew, disconnected youth felt a greater sense of responsibility for making positive changes in their community (80 percent), said they intended to pursue education beyond high school (75 percent), and had a clearer sense of their career goals (65 percent). Seventy-one percent said the experience made them want to pursue a career helping others or improving the community.

Another benefit for crew members is social. Working closely with others in nature, away from a 24-hour social media cycle, can have a lasting impact, Pender explains.

"I see remarkable transformations in the kids. They have a different perspective on life after they go through this program," she says. "Being out in nature levels the playing field. Everyone is in a uniform, working on the same type of project. You're connecting everyday with the environment and the work—it just makes the social environment different for kids. And many of them find a level of social acceptance that they've never experienced before."

Sitting around a trail junction during a lunch break, the Uwharrie National Forest crew comes alive talking about the unexpected parts of their time in the woods.

"I expected the comradery and what we would get out of the lesson plan, but I did not expect so much kindness from the community," says Sam Shantry, a 2016 crew leader from Greensboro.

During one seven-day stretch, the crew cooked only three times. Locals kept their plates full by bringing dishes like spaghetti, or in one case, ordering seven pizzas for the group. 4B Farm, an equestrian campground adjacent to the national forest, offered up its air-conditioned cabins to the crew to give them a break from tent life in the August heat and humidity.

One of the team members, Urcia Matsiona from Raleigh, is back for a third year with NCYCC. She was initially drawn to the program because of the opportunity to work outdoors, but building leadership skills is what keeps bringing her back.

"I'm learning a lot about leadership," she says. "I am a business management student, so I do want to own a business one day, but I also like working on trails. I don't know how I'm going to combine both of them—I'm still figuring that out."

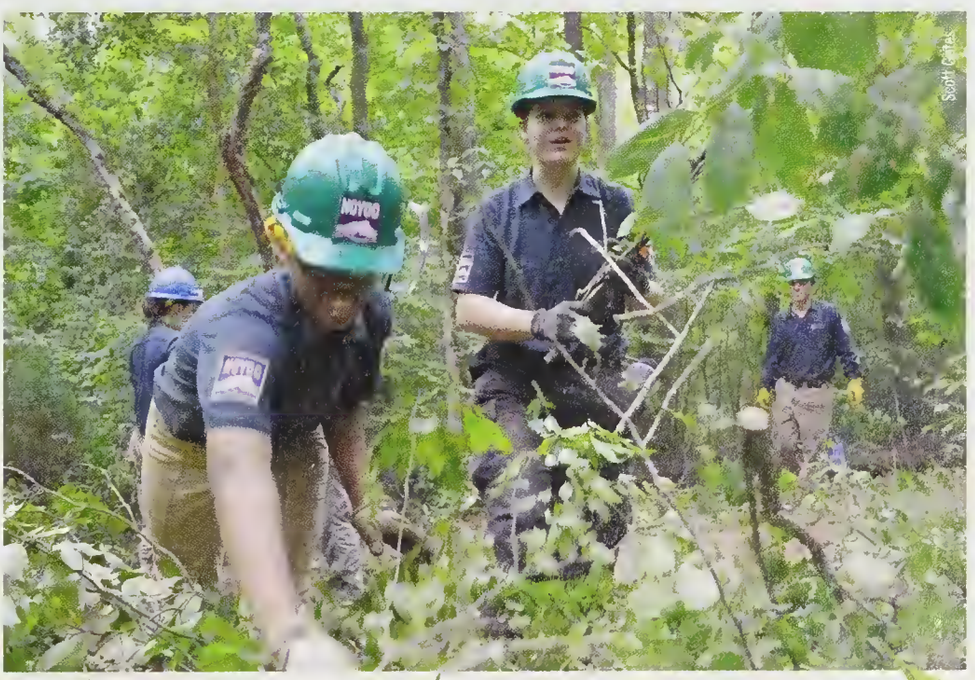
That sentiment is echoed by several of her fellow crew members. Some are pursuing careers in related fields, like conservation and wildlife management, but many are finding benefits in the program that go beyond knowledge of the outdoors.

"The program is very much about personal responsibility. Everybody has a role, and they have to fulfil that role," Shantry says. "It makes these guys more responsible, and creates a sense of maturity, development and profession know-how that will serve them in future careers—not just building trails or cutting down trees."

Want to hit the trail next summer?

NCYCC is accepting applications for 2017 trail crews. Positions are located in North Carolina and members will be camping in tents for the duration of their term. If you are interested in applying for a 2017 NCYCC position, please review information about available positions in the "Connect" section of ctnc.org, and email recruitment@vycc.org with the following information:

- First and last name
- Phone number
- Address
- What NCYCC experience(s) you are interested in
- Indication of interest in a Crew Leader position



Above left: *The Uwharrie National Forest crew takes a well-earned lunch break.*

Right: *NCYCC crew members block an old trail with brush.*

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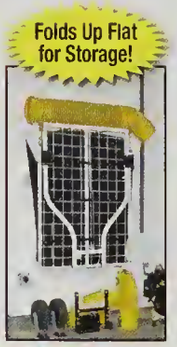

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I Remember...

'Show Down' Dancing, Family Style

I remember giving birth to all healthy kids without complications, and we live a good life. We are a family full of laughter and fun, with a "Show Down" to top it all off.

You may ask, "What's a Show Down?" Well, in our family, to overcome those little struggles in life, we pass the time dancing. My kids are very active, always on the go for long as I remember. Challenging one another, dancing at family functions, events, parties or when they're just bored — their bones continue to move. Sometimes, I as a parent had to make them sit or stand still. I loved their spirit, and in my heart I wouldn't trade it for anything.

Out of four boys and two girls, one always stood out the most. Ja-na Sims loved a challenge, and it amazed me because she was so slim but full of rhythm. I thought she would hurt herself with the crazy moves! At the age of 13, a life change came for that child who loved a challenge: A greater challenge called "cancer." Many family functions were held without those long legs bouncing around. She has sat on the side for the last three years because she doesn't have the strength. The music is still in her because she smiles as her body moves in the chair. As everyone congratulates the dancer of the moment, I've seen the sadness in the eyes.

Nowadays we still dance without the crowds and we reminisce on the good old days. As Ja-na recently finished the second blood transfusion, we realize music helps everything and hold onto the many good memories that outweigh the bad. Our family can't wait for the Show Down — Cancer Free.

Felicia White, Tar Heel, a member of Four County EMC

Riding a Farm Float in the Everybody's Day Parade

The neighboring town of Thomasville holds an annual fall festival known as Everybody's Day. In 1913, my grandparents and two of their friends worked all night decorating their farm wagon with homemade harvest displays from their crops; greenery for the wagon wheels; and red, white and blue fabric. They donned their best "Sunday Go To Meetin' Clothes" and drove the wagon to Thomasville from their farm in Denton.

The photo shows the farm float, with the Southern Railway cars and onlookers in the background, driven by my grandfather, C. E. Ridge, in the derby hat, with my grandmother, Mary Cranford Ridge, seated directly behind him. The gentleman in the touring hat is Mr. Grady Leach, and his sister, Mrs. Callie Blair, is seated behind him holding my mother, Inez, who was about five months old. Their rig won the first place Blue Ribbon for best float in the parade, which was pulled through town by their flag-bearing mules, Beck and Pete.

"Papaw" Ridge was called into the ministry in 1923 and served the Methodist Church in and around Davidson County for nearly 50 years. My mother, Inez Ridge Farabee, taught elementary school in Davidson County for nearly 30 years.

Vanessa Farabee, Lexington, a member of EnergyUnited

Editor's Note: Thomasville continues this 100-plus-year festival tradition.

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One-Skillet Fiesta

Kid-friendly dish is a timesaver for busy cooks

Fall is a busy time for parents. There's driving kids to and from after-school activities and checking their homework. Volunteering in their classes and attending PTA meetings (not to mention the approaching holidays).

If you find yourself reaching for ready-made meals or takeout on hectic nights, try this kid-friendly, south-of-the-border casserole instead. All of the ingredients, from the whole grain elbow macaroni to the ground beef, are cooked in one skillet or pot, meaning minimal cleanup and maximum quality time spent connecting around the dinner table.

"This simple, three-step recipe is perfect for busy weeknights because it's quick, family-friendly and just as good reheated for leftovers," said McCormick executive chef Kevan Vetter. He suggests using organic taco seasoning.

For more one-dish meals, visit McCormick.com.

Tex-Mex Macaroni Casserole

- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 package taco seasoning mix
- 2 cups water
- 2 cups fresh chopped tomatoes
- 1 cup frozen whole kernel corn
- 2 cups uncooked whole grain elbow macaroni (see sidebar)
- 1 cup shredded cheddar cheese

Brown beef and onion in large skillet or pot on medium-high heat. Drain fat.

Stir in seasoning mix, water, chopped tomatoes and corn. Bring to boil. Add pasta. Reduce heat to low; cover and simmer 12 minutes, stirring occasionally.

Sprinkle with cheese, cover. Let stand 5 minutes or until cheese is melted.

Yield: 8 (1-cup) servings

—FamilyFeatures.com

Connect with your family over this comfort food.

Pasta: The Skinny on Whole Grain vs. Regular

Regular pasta is made from refined flours, such as wheat flour. Its milling process makes the pasta's texture finer, but strips the grain of its germ and bran. Whole-grain pasta is also made from flour, but the grain is not as processed and most of the germ and bran is retained.

In short, whole-grain pasta offers two to three times as much dietary fiber, more B vitamins and less calories than regular pasta. Whole-grain pasta provides disease-fighting antioxidants not found in fruits and vegetables. And according to the Whole Grains Council, a nonprofit consumer group, people who eat whole grains regularly have a lower risk of obesity, as measured by their body mass index and waist-to-hip ratios. They also have lower cholesterol levels.

It used to be that whole-wheat pastas were hard to find and generally didn't taste very good. Today, there are more choices for appetizing whole-wheat pastas. Companies that make the whole-grain elbow macaroni called for in this recipe include DeLallo, Hodgson Mill, Mueller's and Barilla.

Making a Caregiving Plan

When the child becomes the caregiver

By Allison Goldberg

One quarter of American households currently provide care for an adult over age 50, according to the AARP Foundation.

Caring for an aging parent, in-law or other relative can dramatically affect the health and well-being of both the care recipient and the caregiver. Having a plan in place can ease emotional and financial stress, while ensuring the person cared for has a voice in their care.

Discussing end-of-life caregiving issues with your aging relative can be stressful and awkward but these conversations are essential. The AARP Foundation recommends these five steps to arrive at a comprehensive care plan.

1. Prepare to talk

In preparing to discuss caregiving with your aging loved one, assess your finances and theirs, and figure out the best person to lead the conversation with your loved one.

"Prepare to Care" (see "Free Guide" in green box) has a checklist to help you understand your loved one's goals for their care and future and tips on how to approach and guide the conversation on this emotional topic.

2. Form your team

Have conversations to learn how other family members are able and willing to support your loved one's care. Designate a team leader to organize the support of those who offer it. If team members are geographically dispersed, having a local point person is helpful, too.

If you don't have siblings, or none willing to participate, consider joining a support group to gather information from the group's leader and to hear what has worked and what hasn't for other caregivers.

3. Assess needs

Know where to find your loved one's personal information, including wills, living wills, financial accounts (including electronic access information when applicable), financial and tax advisor contacts, insurance information (health, life, long-term care), medication lists, physicians' phone numbers and contact information for neighbors or friends who may be willing to help.

Learn about local services (Meals on Wheels, hospice, adult day care, etc.) and national resources for caregivers.

4. Make a plan

Gather your loved one and the team of family and friends—by email, phone or video chat, if not in person—for a discussion dedicated to making a caregiving plan. Share all the information you collected, the needs you've assessed and, most importantly, the desires of the loved one who'll be receiving care.

Then create an outline for care. This outline need not be long or legal, but it should provide the general plan and all team members should understand and agree to it. Avoid assigning all tasks to the "local caregiver."

5. Take action

Be prepared to revise the plan periodically based on changes. Have occasional discussions with your loved one and the caregiving team about your loved one's preferences and the caregiving team's ability to provide.

Allison Goldberg writes and edits for the National Rural Electric Cooperative Association, the Arlington, Va.-based service arm of the nation's 900-plus consumer-owned, not-for-profit electric cooperatives.

Free Guide

AARP members and non-members alike can download "Prepare to Care: A Planning Guide for Families." The 36-page pdf has checklists, sample care plans and other helpful resources. bit.ly/AARP-PrepareToCare

Home Electrical Safety Inspection

Always remember to use caution when you're near electricity!

Ask an adult to help you complete the inspection below for your home. If you find any hazards, check "Needs Work," and ask an adult to fix them.

True	Needs Work

1. Electric outlets are not overloaded.
2. Electric cords do not run under rugs or furniture legs.
3. No electric cords are worn or frayed.
4. Electric appliances are kept away from water.
5. There is a fire extinguisher in the house.
6. Electric heaters are far away from flammable objects.
7. Power tools are stored in clean dry areas.
8. All smoke detectors are properly working.
9. There are safety plug covers on outlets that are not in use.
10. There are no trees near the house that interfere with power lines.

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Baby-proofing Your Home

Be proactive to secure potential hazards

First-time parents quickly discover how little they know, especially when it comes to critical tasks like baby-proofing the home. When a tiny tot's safety is at stake, the entire house can seem like one giant danger zone.

Before you distribute tiny hard hats, take some time to sit down and assess where changes can be made. Tackle the project room by room and you'll be surprised how quickly the chore grows more manageable. Be sure to give special attention to common safety pitfalls like open stairways, electrical outlets and cords.

Window coverings

When you're decorating the nursery, it's easy to get wrapped up in little touches that make the room feel complete. However, adding too much flair can create some safety concerns, especially when it comes to windows. The crib may look just right centered under the window, but the area can be a potential hazard once your little one can reach any curtains there. In fact, as your infant becomes more mobile, the same concerns apply to windows throughout the home.

Curtains are a temptation most young children can't resist. They're perfect for peek-a-boo and pretend forts, but can also pose a suffocation hazard. And if the curtains are tugged on too hard, the whole rod ensemble can come crashing down. That's why it's a good idea to skip floor-length curtains and opt instead for valances or bolsters that still add a decorative touch but are out of reach of curious hands.

Blinds

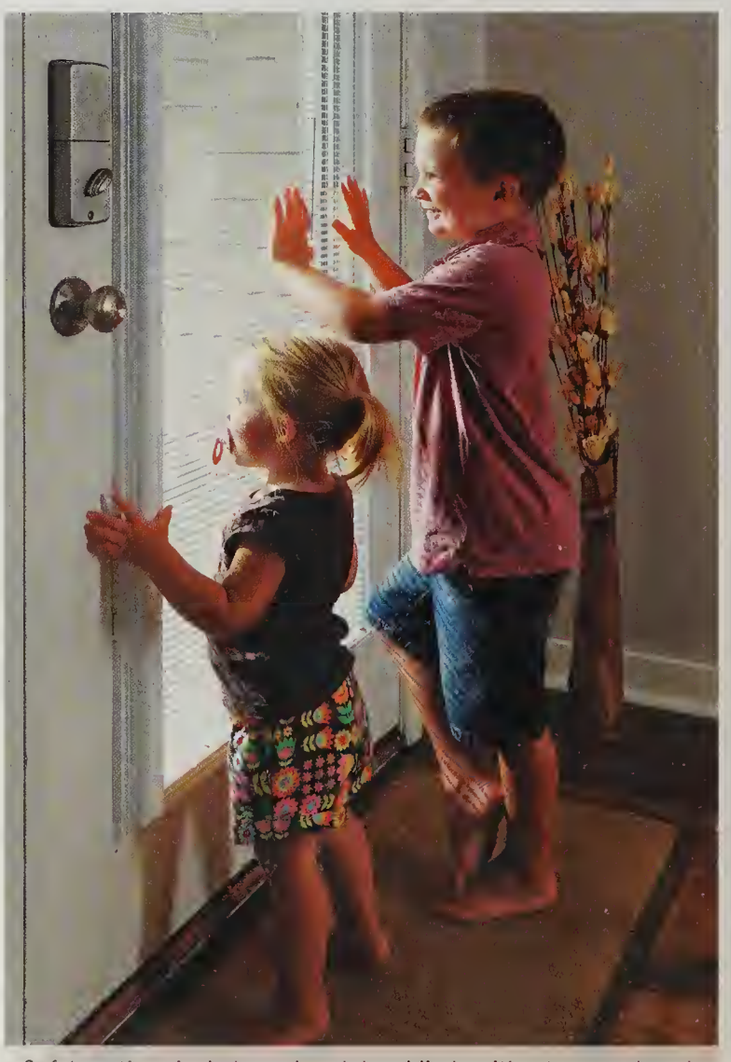
For new parents desperate for sleep, blocking the light to create a darkened room may be a top priority. However, some light-blocking options also pose a risk to children. Window and door blinds are a common solution because they allow the versatility of being raised or lowered and opened or closed to create different looks and lighting filters as needed. However, many blinds have exposed cords, which not only present a strangulation and choking hazard but also can cut off circulation and cause permanent damage if wrapped tightly around extremities and limbs. Look for cord-free styles or opt for a semi-permanent film or tint instead.

If you want to cover window-paned doors, consider enclosed blinds that fit inside doors. (ODL, at troublefreeblinds.com, is one company that makes add-on blinds for existing doors.) Look for blinds that are easy to install and use, efficiently block light and don't have any exposed cords.

Furniture

For most families, it's not practical to re-furnish your home before a baby arrives. Fortunately, there are ways you can baby-proof the items you already have and as your little one grows, work on teaching boundaries to ensure safety. Options like adhesive foam can soften the sharp edges of coffee tables, while wall anchors help prevent large items like TVs, dressers and bookshelves from being tipped or pulled over.

—FamilyFeatures.com



Safety options include enclosed door blinds without exposed cords.

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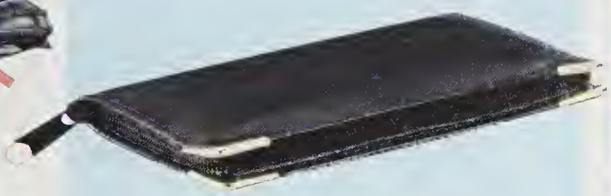

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We've all had nights when we just can't lie down in bed and sleep, whether it's from heartburn, cardiac problems, hip or back aches – it could be a variety of reasons. Those are the nights we'd give anything for a comfortable chair to sleep in, one that reclines to exactly the right degree, raises feet and legs to precisely the desired level, supports the head and shoulders properly, operates easily even in the dead of night, and sends a hopeful sleeper right off to dreamland.

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Carolina Country Gift Guide

Our state has a rich history built in part by innovative artisans, entrepreneurs, authors and artists who call North Carolina home. As we've done in years past, we offered space in our annual Gift Guide to those who are continuing in that proud tradition. These are local products for your consideration this holiday season.

Ornaments with the Right Message!

It will soon be 25 years since Teresa began her journey of designing ornaments with words of faith, hope, friendship and love. You can add a name or date to any ornament to celebrate a specialt ime in someone's life. If it's a wedding, birth of a baby, a graduation, or anniversary or a special note to a friend, you can find a design that says what you're feeling. Whether you are the give or the receiver of one of these special keepsakes, we pray that its message touches your heart and blesses your life. There are 27 new designs for 2016. Please visit our website or give us a call.

American Ornaments
Kannapolis, NC 28081

800-650-3994
americanornaments.com

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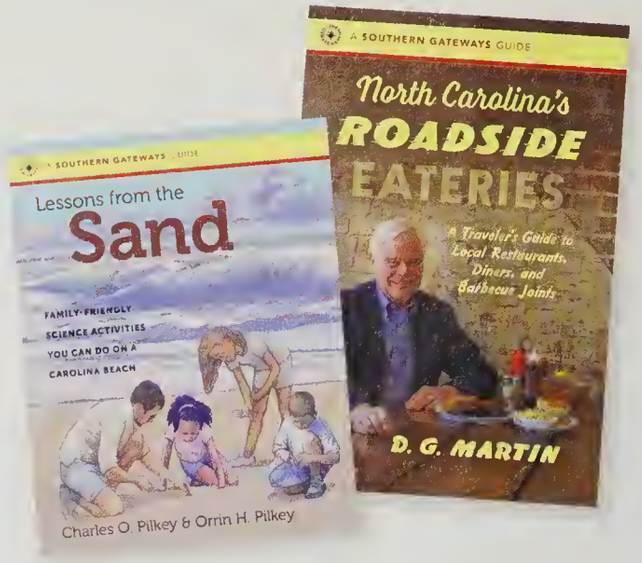
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252-257-7117
quiltlizzy.com

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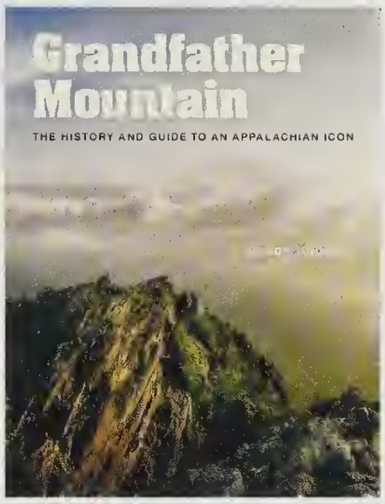
Grandfather Mountain: The History and Guide to an Appalachian Icon



Grandfather Mountain is many things to many people: an easily recognized landmark along the Blue Ridge Parkway, a popular tourist destination, a site of annual Highland Games, and an internationally recognized nature preserve. In this definitive book on Grandfather, Randy Johnson guides readers on a journey through the mountain's history, from its geological beginnings millennia ago and the early days of exploration to its role in regional development and eventual establishment as a North Carolina state park. Along the way, he shows how Grandfather has changed, and has been changed by, the people of western North Carolina and beyond. 296 pages, hardcover, $35. Available as an e-book.

"The grand-scale coffee table book, with glossy historic and present day photos, detailed topographic maps and hundreds of stories, is a love letter to the mountain." —*Asheville Citizen-Times*

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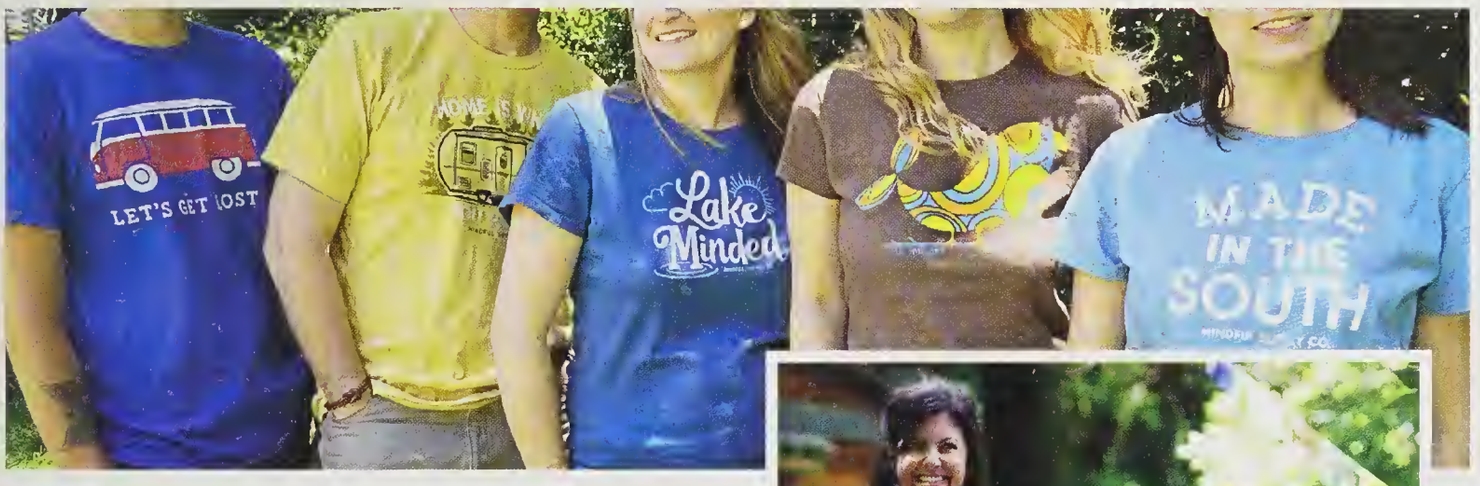

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"Suppertime" Art Print

"Come home, it's suppertime." These are the words Ronald Ragland heard while listening to a Southern gospel quartet in Clayton, N.C., as they sang the song that inspired him to paint this scene of his grandfather's homeplace with his grandmother calling him to supper from the back porch. Signed and numbered prints of "Suppertime," measuring 16-by-20 inches, are available in full color on museum-quality paper for $65 (includes shipping).

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"Hot Pursuit" Art Print

After so many requests to paint this scene, Ronald Ragland went to the country and watched these little beagles run after the rabbits so hard that he was inspired to do this painting. He noticed each beagle had its own personality, so Ronald worked hard to capture the look of the determined lead dog to the last dog that's just having fun. Signed and numbered prints of "Hot Pursuit," measuring 16-by-20 inches, are available in full color on museum-quality paper for $65 (includes shipping).

Ragland Prints
4215 Jane Lane
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919-876-8747
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"Cold Pursuit" Art Print

After the success of his "Hot Pursuit" art print, Ronald Ragland heard from northern rabbit hunters asking him to paint a winter scene with beagles chasing a snowshoe hare, the rabbit with large hind legs that turns from brown to white during the winter. Signed and numbered prints of "Cold Pursuit," measuring 16-by-20 inches, are available in full color on museum-quality paper for $65 (includes shipping).

Ragland Prints
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Raleigh, NC 27604

919-876-8747
beagleart.com

"Memories" Art Print

Many people loved Ronald Ragland's "Memories" art print, featured in Carolina Country, so he presents it again. It depicts his father, Hugh Ragland (right), priming tobacco with associate, Albert Downey, and his mule, George, while others in the background hand and tie tobacco for the curing barn. The scene is along Durham Road in Granville County where Ronald grew up. Look for the tobacco worm in the picture. Signed and numbered prints of "Memories," measuring 16-by-20 inches, are available in full color on museum-quality paper for $65 (includes shipping).

Ragland Prints
4215 Jane Lane
Raleigh, NC 27604

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"Old Country Pride" Art Print

Ronald Ragland's "Old Country Pride" art print — still the most wanted print — is now available again. This painting portrays Ronald's father, Hugh Ragland, on his cultivator along with his prize mules and faithful beagle dog. Signed and numbered prints of "Old Country Pride," measuring 16-by-20 inches, are available in full color on museum-quality paper for $65 (includes shipping).

Ragland Prints
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Magnificent Maple

Nothing is as beautiful as North Carolina's fall foliage. This Maple puts on a tremendous performance each fall in our backyard.

Heather Horne, Autryville, a member of South River EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2016 photo contest ("Carolina Country Scenes," February 2016). See even more at the Photo of the Week on our website **carolinacountry.com.**

CAROLINA COUNTRY SCENES photo contest

Send us your favorite photo (North Carolina people or scenes) and the story that goes with it. We will pay $50 for each one that we publish in our Carolina Country Scenes gallery in the January 2017 magazine. Judges will select more for our "Photo of the Month" feature and we'll pay $50 for those.

RULES:

Deadline: November 15, 2016.

One entry per household.

Digital photos should be a minimum of 1200 by 1800 pixels. Prints a minimum of 4 x 6 inches.

Include your name, electric co-op, mailing address and e-mail address or phone number.

If you want your print returned, include a self-addressed, stamped envelope. (We will not return others.)

We retain reprint rights.

We will post on our websites more entries than we publish, but can't pay for those submissions.

SEND TO:

Online: carolinacountry.com/photocontest

Mail: Carolina Country Photo Contest
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ALL-NEW Bigger Buttons

"My friends all hate their cell phones... I love mine!" Here's why.

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"Cell phones have gotten so small, I can barely dial mine." Not the new Jitterbug® Flip. It features a larger keypad for easier dialing. It even has a larger display so you can actually see it.

"I had to get my son to program it." Your Jitterbug Flip set-up process is simple. We'll even program it with your favorite numbers.

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"I don't need stock quotes, Internet sites or games on my phone. I just want to talk with my family and friends." Life is complicated enough... The Jitterbug Flip is simple.

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Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
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"I'd like a cell phone to use in an emergency, but I don't want a high monthly bill." The Jitterbug Flip has a plan to fit your needs... and your budget.

"Many phones have features that are rarely needed and hard to use!" The Jitterbug Flip contains easy-to-use features that are meaningful to you. A newly designed built-in camera makes it easy and fun for you to capture and share your favorite memories. And a new flashlight with a built-in magnifier helps you see in dimly lit areas, the Jitterbug Flip has all the features you need.

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November Events

Jackson County Tourism Development Authority

WNC Pottery Festival
Set for November 5 in Dillsboro, the event showcases the work of more than 40 master potters. Admission is $5 and includes a raffle ticket; kids under 12 admitted free. 828-631-5100 or **wncpotteryfestival.com**

Mountains

Pottery Festival
Nov. 5, Dillsboro
828-631-5100
wncpotteryfestival.com

Holiday Craft Show
Nov. 12, Murphy
828-557-8335

Christmas Ornament Craft Festival
Nov. 19, Burnsville
828-682-7209
burnsvilletowncenter.com

Kickin' Asphalt
5K & 10K runs
Nov. 25, Murphy
828-837-2242
kickinasphaltmurphy.com

Christmas in the Park
Lighting of the town
Nov. 25–26, Blowing Rock
828-295-5222
blowingrock.com/Christmas-park

Christmas Extravaganza
Nov. 26, Burnsville
828-682-7209
burnsvilletowncenter.com

ONGOING

Aluminum Christmas Trees
Whimsical, vintage focus
Nov. 12–Dec. 22, Brevard
828-884-2347
transylvaniaheritage.org

Holiday Art & Handcrafted Gifts
Nov. 27–Jan. 12, Valdese
828-879-2129
rockschoolartgalleries.com

Piedmont

Holiday Art & Gift Show
Nov. 3–5, Raleigh
919-847-4868
visionsofsugarplumsraleigh.com

Holly Day Fair
Nov. 3–6, Fayetteville
910-323-5509
hollydayfair.com

Mr. Magorium's Wonder Emporium
Fantasy movie
Nov. 4, Roxboro
336-597-1709
piedmontcc.edu/community

Candlelight Tribute
In honor of WWII veterans
Nov. 4, Spring Lake
910-436-0011
spring-lake.org

Veterans Day Vintage Car Show
Nov. 5, Fayetteville
910-433-1457
fcpr.us/transportation_museum.aspx

Folk Life Festival
Arts, crafts, buildings open
Nov. 5, Huntersville
704-875-2312
lattaplantation.org

Arts & Craft Fair
Nov. 5, Littleton
252-586-6938
lakegastonbaptist.com

Veterans Day Parade
Nov. 5, Fayetteville
910-920-0045
fayveteransdayparade.com

Women's Fall Expo
Nov. 5, Dallas
704-834-2385
walnutgrovebaptist.net

Holiday Art Sale
Nov. 5–6, Wake Forest
919-270-2259
727northmain.com

Greatest Generation Day
Flags for local veterans displayed
Nov. 6, Hope Mills
910-424-4555
townofhopemills.com

Waltzing in a Winter Wonderland
Nov. 10, Fayetteville
910-433-4690
fayettevillesymphony.org

Davie Craft Village
Handmade holiday gifts
Nov. 10–12, Mocksville
336-816-6472
daviecraftassociation.com

Country Musician Vince Gill
Nov. 11, Fayetteville
910-438-4100
crowncomplexnc.com/events

Malpass Brothers
Nov. 12, Troy
704-985-6987
bluegrassintroy.com

The Glen Campbell Years
Jimmy Webb's musical tribute
Nov. 12, Albemarle
704-986-3666
stanlyconcert.com

Kidtopia
Activities for kids of all ages
Nov. 12, Fayetteville
910-323-4848
fayobserver.com/events

Historic Tours by Carriage
Nov. 12, Fayetteville
910-222-3382
visitdowntownfayetteville.com

All-American BBQ festival
Nov. 12, Fayetteville
910-221-8800
whenpigsflybbqfestival.com

Folk Life Festival
Nov. 5; Huntersville

Church Bazaar
Ham biscuits, crafts
Nov. 12, King
336-983-5405
judy@mnandg.com

Holiday Craft Fair
Fall Community Day
Nov. 12, Asheboro
336-625-1976
randolphasheboroymca.com

Durham County Pottery Tour
Visit studios, teaching facilities
Nov. 12–13, Durham
919-544-2451
durhamcountypotterytour.com

Festival of Trees
Benefits Children's Center
Nov. 16–20, Pinehurst
910-692-3323
festivaloftrees.org

International Auto Show
Nov. 17–20, Charlotte
704-364-1078
charlotteautoshow.com

Mark Nizer 4D
Juggles bowling balls, torches
Nov. 18, Rocky Mount
252-985-5197
ncwc.edu/mark-nizer-4d

Celebration of Seagrove Potters
Market, demos
Nov. 18–20, Seagrove
336-517-7272
discoverseagrove.com

Seagrove Pottery Festival
Various crafts, live music
336-873-7887
visitnc.com

Backcountry Beer Fest
Nov. 19, Charlotte
704-568-1774
charlottemuseum.org

Archaeology Day
Native American tools, arrowheads
Nov. 19, Henderson
252-424-9782
ncrelics@gmail.com

I'm Comin Over Tour
Chris Young, other musicians
Nov. 19, Fayetteville
910-438-4100
crowncomplexnc.com/events

Czech It Out!
Nov. 19, Fayetteville
910-433-4690
fayettevillesymphony.org

Artisan & Crafters Expo
Nov. 19, Statesville
650-443-6464
Find it on Facebook

Christmas Dpen House
Nov. 19, Valdese
828-874-2327
clandbabees@gmail.com

A Dickens Holiday
Carriage rides, fireworks
Nov. 25, Fayetteville
910-323-1776
theartscouncil.com

100 Years of Christmas
Nov. 25–26, Huntersville
704-875-2312
lattaplantation.org

ONGOING

Mourning Traditions
At the 1897 Poe House
Oct. 4–Nov. 13, Fayetteville
910-486-1330
museumofthecapefear.ncdcr.gov

Little Women, the Musical
Nov. 5–12, Littleton
252-586-3124
lakelandtc.org

Salute to Veterans
Nov. 5–13, Fayetteville
910-643-2778
asomf.org

Artists Guild Studio Tour
Nov. 5–13, Orange County
919-644-1311
ocagnc.com

The Art of Giving
Nov. 14–Dec. 31
919-732-5001
hillsboroughgallery.com

Christmas at 1987 Poe House
Nov. 22–Jan. 8, Fayetteville
910-486-1330
ncdcr.gov/ncmcf

It's a Wonderful Life
Holiday classic on stage
Nov. 26–Dec.18, Fayetteville
910-678-7186
gilberttheater.com

Coast

Silent Auction & Wine Tasting
Nov. 5, Oriental
252-249-3340
museum@dockline.net

There are more than 250 farmers markets in North Carolina, and some stay open year-round. For one near you, visit **ncfarmfresh.com/farmmarkets.asp**

KNOW BEFORE YOU GO

In case something changes after Carolina Country goes to press, check information from the contact listed.

Women's Fellowship Fall Bazaar
Nov. 5, Bridgeton
252-638-4638
eghaggett@embarqmail.com

Donald Sinta Quartet
Nov. 6, Oriental
252-617-2125
pamlicomusic.org

Hearthside Crafters Show & Sale
Nov. 10–12, Wilson
252-236-8339
bit.ly/2dkGOLW

Holiday Boutique
St. James artisans' works
Nov. 11–12, Southport
910-253-7029
cszot@ec.rr.com

How the West Was Dun
Spoof on westerns
Nov. 11–13, Oriental
252-249-0477
oldtheater.org

Sound Rivers Oyster Roast
Nov. 12, Washington
252-946-7211
littlewashingtonnc.com

Fall Band Concert
Nov. 18, Caswell Beach
910-253-1643
brunswickbands.org

Terry Barber
Nov. 19, Oriental
252-617-2125
pamlicomusic.org

White Dak Holiday Crafts Fair
More than 50 vendors
Nov. 19, Edenton
252-221-4078

Fall Band Concert
Nov. 20, Bolivia
910-253-1643
brunswickbands.org

Hookerton Tree Lighting
Singing, food
Nov. 28, Hookerton
252-747-3816
hookertonnc.com

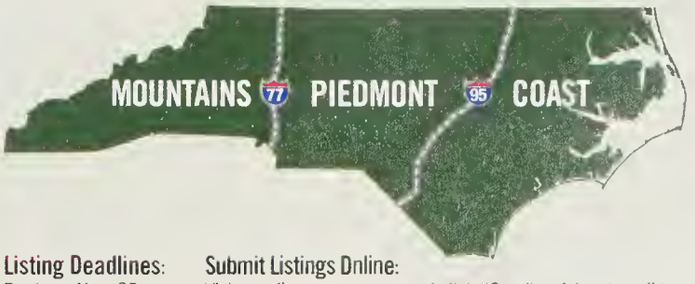
ONGOING

The Road to Bethlehem
Nov. 15–Dec. 13, Edenton
252-482-4621
rockyhockplayhouse.com

Silent Auction & Wine Tasting
Nov. 5, Oriental

Carolina Compass Policy

- We list events in the magazine as space allows and may edit as needed. We list more events on carolinacountry.com in the Carolina Adventures section.
- All submissions must be made on carolinacountry.com in Carolina Adventures/Submit an Event. Deadlines are posted there, too. ***(No email or U.S. Mail.)***
- Public venue events only. *(No business-hosted events.)*
- Limit 3 events per venue per month in the magazine. More posted online.
- For accuracy, ongoing events must be submitted monthly.
- Public contact required: website, email or phone number.



Listing Deadlines:
For Jan.: Nov. 25
For Feb.: Dec. 25

Submit Listings Online:
Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website.

WHERE IN CAROLINA COUNTRY IS THIS?

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Nov. 6 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com/where

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our December issue, will receive $25.

Have a roadside gem you'd like to share? Submit a photo, plus a brief description and general location information, at carolinacountry.com/where.

October winner

The October Where is This photo taken by Renee Gannon proved to be a tricky one. The photo features a black bear protruding out of the New Bern City Hall clock tower, located at the corner of Pollack and Craven Streets. But the angle of the photo suggested it was snapped at the New Bern Firemen's Museum on Broad St., which also has a black bear protruding from the brick wall. Because of the confusion, both answers were accepted. Why black bears in New Bern? When founded in 1710, a group of hunters named the Swiss and German settlement in honor of Bern, Switzerland. The black bear happened to be the first animal the hunters came across. And Bern is the old Germanic word for Bear. The bears featured at city hall and the museum are modeled after Bern's medieval long-tongued bear symbol. New Bern features more than 20 fiberglass bears throughout the downtown area. The winning entry chosen at random from all the correct submissions came from Sharon Utsman of Statesville, an EnergyUnited member.

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Customer Rating ★★★★½

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$59.99 $89.99

SAVE $100

ITEM 61258 shown

comp at $159.99 61840/61297/68146

67735055

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SUPER COUPON

7 FT. 4" x 9 FT. 6" ALL PURPOSE WEATHER RESISTANT TARP

ITEM 69249/69115/69137 69129/69121/877 shown

Customer Rating ★★★★★

$2.99

SAVE 64%

$4.99

comp at $8.48

67731676

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SUPER COUPON

12" SLIDING COMPOUND DOUBLE-BEVEL MITER SAW WITH LASER GUIDE

CHICAGO ELECTRIC POWER TOOLS

Customer Rating ★★★★★

SAVE $259

ITEM 69684 shown 61969/61970

$139.99

$199.99

comp at $399

67700631

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SUPER COUPON

TORQUE WRENCHES

PITTSBURGH PRO

Customer Rating ★★★★★

- Accuracy within ±4%

DRIVE	ITEM
1/4"	2696/61277
3/8"	807/61276
1/2"	62431/239

Item 239 shown

SAVE 60%

YOUR CHOICE

$11.99 $21.99

comp at $29.99

67703858

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WOW SUPER COUPON

3-IN-1 PORTABLE POWER PACK WITH JUMP STARTER

CENTECH

ITEM 38391/62376 62306 shown

SAVE 20%

Customer Rating ★★★★★

$47.99

comp at $59.99

67654279

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SUPER COUPON

20% OFF

ANY SINGLE ITEM

Limit 1 coupon per customer per day. Save 20% on any 1 item purchased. *Cannot be used with other discount, coupon or any of the following items or brands: Inside Track Club membership, Extended Service Plan, gift card, open box item, 3 day Parking Lot Sale item, automotive lifts, compressors, floor jacks, saw mills, storage cabinets, chests or carts, trailers, trenchers, welders, Admiral, Badland, Bremen, CoverPro, Daytona, Diablo, Doyle, Earthquake, Franklin, Grant's, Hercules, Holt, Jupiter, Lynx, Maddox, Portland, Predator, Quinn, Stik-Tek, StormCat, Union, Vanguard, Viking. Not valid on prior purchases. Non-transferable. Original coupon must be presented. Valid through 2/25/17

67699802

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SUPER COUPON

FREE

WITH ANY PURCHASE

PITTSBURGH 6 PIECE SCREWDRIVER SET

ITEM 61313/62728 62583/47770 62570 shown

$7.97 VALUE

LIMIT 1 - Cannot be used with other discount, coupon or prior purchase. Coupon good at our stores, HarborFreight.com or by calling 800-423-2567. Offer good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Non-transferable. Original coupon must be presented. Valid through 2/25/17. Limit one FREE GIFT coupon per customer per day.

67676389

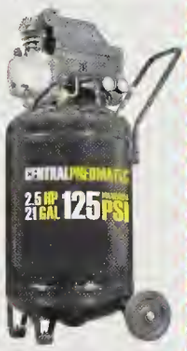
SUPER COUPON

2.5 HP, 21 GALLON 125 PSI VERTICAL AIR COMPRESSOR

CENTRALPNEUMATIC

Customer Rating ★★★½

SAVE $337



ITEM 69091/67847 shown 61454/61693/62803

$159.99

$179.99

comp at $497

67723109

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WOW SUPER COUPON

NEW

WARRIOR

29 PIECE TITANIUM NITRIDE COATED HIGH SPEED STEEL DRILL BIT SET

ITEM 5889/62281/61637 shown

SAVE 78%

Customer Rating ★★★★

$12.99 $19.99

comp at $59.97

67689112

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WOW SUPER COUPON

RAPID PUMP® 1.5 TON ALUMINUM RACING JACK

PITTSBURGH AUTOMOTIVE

ITEM 69252/60569 shown 68053/62160 62496/62516

- 3-1/2 Pumps Lifts Most Vehicles
- Weighs 34 lbs.

SAVE $60

Customer Rating ★★★★

$59.99

$89.99

comp at $119.99

67731824

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SUPER COUPON

TWO TIER COLLAPSIBLE EASY-STORE STEP LADDER

ITEM 67514

SAVE 40%

Customer Rating ★★★★★

- 225 lb. capacity

$19.99 $29.99

comp at $33.66

67747869

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SUPER COUPON

20 TON SHOP PRESS

CENTRAL MACHINERY

ITEM 32879/60603 shown

Customer Rating ★★★★½

- Pair of arbor plates included

SAVE $215

$154.99 $199.99

comp at $369.99

67665644

LIMIT 3 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 2/25/17. Limit one coupon per customer per day.

SUPER COUPON

1500 WATT DUAL TEMPERATURE HEAT GUN (572°/1112°)

drillmaster

ITEM 62340/62546 63104/96289 shown

SAVE 71%

Customer Rating ★★★

$8.99 $14.99

comp at $31.47

67709097

LIMIT 9 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 2/25/17. Limit one coupon per customer per day.

WOW SUPER COUPON

900 PEAK/700 RUNNING WATTS 2 HP (63 CC) 2 CYCLE GAS RECREATIONAL GENERATOR

ITEM 69381 60338 shown

SAVE $73

Customer Rating ★★★★½

$89.99 $119.99

comp at $163.06

67716708

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SUPER COUPON

10 PIECE DRAGONFLY SOLAR LED STRING LIGHTS

one stop gardens NEW

ITEM 62689 60758 shown

SAVE 74%

$6.99

$8.99

comp at $26.99

67698868

LIMIT 8 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 2/25/17. Limit one coupon per customer per day.

SUPER COUPON

US GENERAL 26", 4 DRAWER TOOL CART

ITEM 95659 shown 61634/61952

SAVE $209

Customer Rating ★★★★

- 580 lb. capacity

$109.99 $159.99

comp at $319.01

67722715

LIMIT 4 - Good at our stores or HarborFreight.com or by calling 800-423-2567. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 2/25/17. Limit one coupon per customer per day.

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By Hannah McKenzie

Saving When Gaming

Q: My kids love playing video games. I am worried my electricity bills could be impacted by the amount of time they play games on the television and their computers. How do video games factor into energy use?

A: Kids in the U.S. typically spend 5 to 9 hours each day consuming electronic media with their phones, computers, televisions and other electronic devices. What this means for your electricity bill depends on what devices they use for gaming and if the devices are set to use as little energy as possible.

Typically, video games are played using a computer or game console. Using an Energy Star® certified laptop to play these games will use the least amount of energy, although many video games are not available on a laptop.

Game consoles are in almost half of all U.S. homes. A 2014 study from the Natural Resources Defense Council (NRDC) compared the power consumption of the three most popular consoles: Microsoft's Xbox One, Sony's PlayStation®4, and Nintendo's Wii U™.

The PlayStation 4 and Xbox One provide higher caliber graphics and gaming than the Wii U, which justifies their higher energy consumption. In 2014, the NRDC recommended software and hardware changes to lessen energy used by the PlayStation 4 and Xbox One. Some improvements have been made.

To use the least amount of energy when gaming, try the following:

- Turn off the console when it is not in use. When electronics are off, they still consume electricity. Optimally the consumption is only 0.5 watts, but not Xbox's voice recognition feature that sucks 14 watts. Deactivate this feature to reap more savings.
- Keep the console software up to date which will ensure that you benefit from new energy-saving features.
- Adjust the power settings on the console so an hour or less of inactivity puts it in standby mode.
- Use an Energy Star television or projector in energy-saver mode for your video display.

In the last decade, game consoles have added new features, such as the ability to stream online video and music and play DVDs and Blu-ray Discs. In ALL of these cases, an Energy Star certified device—television, set-top box, DVD player, Blu-ray player, or audio device—will use less energy than a game console. While it may be convenient to stream Netflix through your game console, it will inevitably use more energy than Apple TV, Google's Chromecast or your smart Energy Star television. Likewise, connecting set-top cable boxes through gaming consoles will use much more energy than connecting them directly to your television.

The devices used to play video games can offer hours of entertainment and can use less energy with the right settings. It's a matter of knowing the right moves.

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh.

Game Console	Average annual energy use (kilowatt-hours)	Annual cost assuming $0.12 kWh electricity rate
Wii U™	37 kWh	$4.44
PlayStation®4	181 kWh	$21.72
Xbox One	300 kWh	$36.00

Visit **bit.ly/EnergyStar-VideoGames** for more energy-saving tips and a step-by-step guide to setting the power settings on the Xbox One and PlayStation®4.

ADVERTISEMENT

Drug Companies Nervous as Doctors and Patients Demand the *AloeCure*

Big Pharma execs stand to lose billions as doctors and their patients abandon drugs like Nexium® and Prilosec®. Drug free remedy could put Big Pharma out of the digestion business.

By David Waxman
Seattle Washington:

Drug companies are understandably upset since the AloeCure® delivers quicker and better health benefits.

Drug company execs are nervous. That's because the greatest health advance in decades has hit the streets. And analysts expect it to put a huge crimp in "Big Pharma" profits.

So what's all the fuss about? It's about a new ingredient that's changing the lives of people who use it. Some call it "the greatest discovery since penicillin"! And others call it "a miracle!"

The name of the product is the AloeCure. It's not a drug. It's something completely different. And the product is available to anyone who wants it, at a reasonable price. But demands may force future prices to rise.

Top Doc Warns: Digestion Drugs Can Cripple You!

Company spokesperson, Dr. Liza Leal, a leading integrative health specialist out of Texas recommends Aloecure before she decides to prescribe any digestion drug. Especially after the FDA's stem warning about long-term use of drugs classified as proton pump inhibitors like Prilosec®, Nexium®, and Prevacid®. In a nutshell, the FDA statement warned people should avoid taking these digestion drugs for longer than three 14-day treatment periods because there is an increased risk of bone fractures. Many people take them daily and for decades.

Dr. Leal should know. Many patients come to her with bone and joint complaints and she does everything she can to help them. One way for digestion sufferers to help avoid possible risk of tragic joint and bone problems caused by overuse of digestion drugs is to take the AloeCure.

The secret to AloeCure's "health adjusting" formula is scientifically tested Acemannan, a polysaccharide extracted from Aloe Vera. But not the same aloe vera that mom used to apply to your cuts, scrapes and burns. This is a perfect strain of aloe that is organically grown in special Asian soil under very strict conditions. AloeCure is so powerful it begins to benefit your health the instant you take it. It soothes intestinal discomfort and you can avoid the possibility of bone and health damage caused by overuse of digestion drugs. We all know how well aloe works externally on cuts, scrapes and burns. But did you know Acemannan has many of other health benefits? ...

Helps Calm Down Painful Inflammation

According to a leading aloe research scientist, the amazing Aloe plant has a powerful antiinflammatory effect. Aloe Vera calms the fire in your belly like it does the sunburn on your skin and in many ways helps heal damaged cells. Inflammation is your body's first reaction to damage. So whether it's damage that is physical, bacterial, chemical or auto-immune, the natural plant helps soothe inflammation - rapidly reducing redness, heat and swelling.

Rapid Acid and Heartburn Fix

Aloe has proved to have an astonishing effect on users who suffer with digestion problems like bouts of acid reflux, heartburn, cramping, gas and constipation because it acts as a natural acid buffer and soothes the digestive system. But new studies prove it does a whole lot more.

Side-Step Heart Concerns

So you've been taking proton pump inhibitors (PPI's) for years and you feel just fine. In June of 2015, a major study shows that chronic PPI use increases the risk of heart attack in general population.

Debilitating brain disorders are on the rise. New studies show PPI's are linked to an increased risk of dementia. Cutting edge research shows that the health of your brain is closely linked by the state of healthy bacteria that comes from your gut. The things happening in your belly today might be deciding your risk for any number of brain conditions. Studies have been ongoing since the 1990's. New studies suggest that taking PPI's at both low and high dosage also disrupts a healthy human gut!

Sleep Like A Baby

A night without sleep really damages your body and continued lost sleep can lead to all sorts of health problems. But what you may not realize is the reason why you're not sleeping. I sometimes call it "Ghost Reflux". A low intensity form of acid discomfort that quietly keeps you awake in the background. AloeCure helps digestion so you may find yourself sleeping through the night.

Celebrity Hair, Skin & Nails

One of the Best-Kept Secrets in Hollywood. Certain antacids may greatly reduce your body's ability to break down and absorb calcium. Aloe delivers calcium as it aids in balancing your stomach acidity. The result? Thicker, healthier looking hair ... more youthful looking skin ... And nails so strong they may never break again.

Save Your Kidney

National and local news outlets are reporting Kidney Failure linked to PPI's. Your Kidney extracts waste from blood, balances body fluids, forms urine, and aids in other important functions of the body. Without it your body would be overrun by deadly toxins. Aloe helps your kidney function properly. Studies suggest if you started taking aloe today you'd see a big difference in the way you feel.

Special Opportunity For Readers of this Magazine

With this introductory offer the makers of the AloeCure are excited to offer you a *risk-free supply.* Readers of this magazine are pre-qualified for up to 3 FREE months of product with their order. Take advantage of this special opportunity to try AloeCure in your own home and find out how to test AloeCure for a full 90 days. But that's not all... If you don't see remarkable changes in your digestion, your body, and your overall health ... Simply return it for a full refund less shipping and handling (when applicable).

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Cranberry Pecan Coconut Loaf

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup butter, softened
- 1 cup sugar
- 3 eggs
- 2 teaspoons vanilla extract
- ⅔ cup milk
- 1½ cups cranberries
- ¾ cup pecans, coarsely chopped
- ½ cup sweetened flaked coconut

Preheat oven to 350 degrees.

Combine flour, baking powder and salt in a large bowl; stir and set aside.

Combine butter, sugar, eggs and vanilla in a separate large bowl; mix well with an electric mixer at low speed. Add flour mixture to butter mixture alternately with milk, beginning and ending with flour mixture; mix just until blended. Fold in cranberries, pecans and coconut; spread in four greased 8-by-4-inch mini loaf pans.

Bake for 45–50 minutes, until a toothpick inserted in center comes out clean. Place pans on wire racks and cool completely.

Yield: 4 loaves

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Chocolate Granola Brittle

- 1 cup sugar
- ½ cup light corn syrup
- ⅛ teaspoon salt
- 1 cup pecans, coarsely chopped
- 1 tablespoon butter
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda
- ¾ cup chocolate granola
- 3 (1 ounce) squares semi-sweet baking chocolate
- 1½ tablespoons shortening

Combine sugar, corn syrup and salt in a 2-quart glass bowl. Microwave uncovered on high 5 minutes. Stir in pecans. Microwave 1½ minutes. Stir in vanilla and butter. Microwave one minute and 45 seconds or until candy is color of peanut butter. Stir in baking soda (mixture will bubble).

Quickly pour candy onto a lightly greased rimless baking sheet. (Pour as thinly as possible without spreading candy.) Cover brittle quickly with parchment paper and use a rolling pin to thin out candy; peel off parchment. Sprinkle granola over brittle. Cool brittle completely; break into pieces.

Place chocolate squares and shortening in a small microwave-safe bowl. Microwave uncovered on high 1½ to 2 minutes, stirring after one minute. Dip each piece of brittle halfway into chocolate mixture. Place dipped brittle on parchment paper to harden. Store in an airtight container.

Yield: About one pound of candy

Southwestern Turkey Casserole

- 1 (10¾-ounce) can cream of chicken soup
- 1 (10¾-ounce) can cream of mushroom soup
- 1 (7 ounce) can diced green chiles, drained
- 1 cup sour cream
- 16 (6-inch) corn tortillas, cut into strips, divided
- 2 cups cooked turkey, diced and divided
- 1 (8 ounce) package shredded Cheddar cheese, divided

Garnish: cilantro leaves, chopped green onions and salsa

Preheat oven to 350 degrees.

Combine soups, chiles and sour cream in a mixing bowl; set aside.

Line bottom of a lightly greased 13-by-9-inch baking pan with half of tortilla strips. Top with half of turkey. Spread half of soup mixture over turkey; sprinkle with half of cheese. Repeat layers.

Bake uncovered for 30–45 minutes. Garnish with cilantro, green onions and salsa.

Yield: 6 to 8 servings

From Your Kitchen

Green Bean Casserole

- 3 cans French cut green beans, drained
- 2 tablespoons butter
- 1 small onion, diced
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 (8 ounce) carton sour cream (can use light)
- 16 ounces Italian blend shredded cheese
- 1 large can French fried onions

Preheat oven to 350 degrees. Sauté onion in butter with salt and sugar. Add all ingredients except French fried onions and mix well. Bake for 20 minutes. Spread onion rings over top and bake for an additional 3–4 minutes.

Recipe courtesy of
Jeanne Runyan of Winston-Salem

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